

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-11-07)

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A500 – RAISINS, REGULAR MOISTURE, SEEDLESS, 30 LB

CATEGORY	<ul style="list-style-type: none"> Vegetables/Fruit
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade B or better raisins.
PACK/YIELD	<ul style="list-style-type: none"> 30 lb bag. One 30 lb bag AP yields about 94½ cups raisins and provides about 378.0 ¼-cup servings raisins OR about 642.0 ¼-cup servings cooked raisins. One lb AP yields about 3⅛ cups raisins and provides about 12.6 ¼-cup servings raisins OR about 21.4 ¼-cup servings cooked raisins. CN Crediting: ¼ cup raisins OR ¼ cup cooked raisins provides ¼ cup fruit.
STORAGE	<ul style="list-style-type: none"> Refrigerate raisins and store off the floor. To maintain freshness once the case has been opened, fold down the poly bag liner and turn the case upside down. The weight of the raisins will keep the liner tightly sealed. Raisins freeze well and thaw quickly. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> Raisins keep cookies and cakes moist. Chopped raisins impart a full flavor to baked goods. For easier chopping, use an oiled knife or blade. TO PLUMP: Cover the amount of raisins needed with very hot water and soak 2 to 5 minutes. Flavor and nutrients are lost with longer soaking. Drain well before using.



Nutrition Information

Raisins, seedless, not packed

	¼ cup (36 g)	½ cup (73 g)
Calories	108	217
Protein	1.11 g	2.23 g
Carbohydrate	28.70 g	57.41 g
Dietary Fiber	1.3 g	2.7 g
Sugars	21.46 g	42.91 g
Total Fat	0.17 g	0.33 g
Saturated Fat	0.02 g	0.046 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.68 mg	1.36 mg
Calcium	18 mg	36 mg
Sodium	4 mg	8 mg
Magnesium	12 mg	23 mg
Potassium	272 mg	543 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0.80 mg	1.70 mg
Vitamin E	0.04 mg	0.09 mg



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USES AND TIPS	<ul style="list-style-type: none">• Raisins are ready to eat or may be added to sandwich fillings, rice dishes, stuffing, salads, hot or cold cereals, puddings and baked items; or be combined with peanuts, sunflower seeds or granola and trail mix.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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